



National Nutrient Database for Standard Reference

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Statistics Report 01077, Milk, whole, 3.25% milkfat, with added vitamin D

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6	g	88.13	28	0.050	87.69	89.2	20.0	88.021	88.23	2	Analytical or derived from analytical	--	11/2008
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	254	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2011
Protein 1 2	g	3.15	27	0.029	3.07	3.31	13.0	3.092	3.216	2	Analytical or derived from analytical	--	11/2008
Total lipid (fat)	g	3.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Ash 1 2	g	0.67	24	0.004	0.66	0.7	15.0	0.663	0.682	2	Analytical or derived from analytical	--	11/2008
Carbohydrate, by difference	g	4.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Sugars, total	g	5.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Sucrose 1 2	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ^{1 2}	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Fructose ^{1 2}	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Lactose ^{1 2}	g	5.05	24	0.052	4.85	5.57	17.0	4.945	5.162	2	Analytical or derived from analytical	--	11/2008
Maltose ^{1 2}	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Galactose ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
Minerals													
Calcium, Ca ^{2 3 4 5 6}	mg	113	16	1.760	112	116	11.0	108.715	116.461	1	Analytical or derived from analytical	--	11/2008
Iron, Fe ^{1 2 3 4 5 6 7 8 9 10 11 12 13}	mg	0.03	46	0.002	0	0.07	3.0	0.026	0.038	9	Analytical or derived from analytical	--	11/2008
Magnesium, Mg ^{1 2 7 8 9 10 11 12 13}	mg	10	42	0.116	7	12	6.0	9.794	10.355	9	Analytical or derived from analytical	--	11/2008
Phosphorus, P ^{1 2 7 8 9 10 11 12 13}	mg	84	42	1.087	59	95	8.0	81.486	86.459	9	Analytical or derived from analytical	--	11/2008
Potassium, K ^{1 2 7 8 9 10 11 12 13}	mg	132	41	1.985	106	163	15.0	127.973	136.441	9	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1 2 7 8 9 10 11 12 13	mg	43	42	0.548	26	58	17.0	41.365	43.682	9	Analytical or derived from analytical	--	11/2008
Zinc, Zn 1 2 7 8 9 10 11 12 13	mg	0.37	42	0.007	0.25	0.47	16.0	0.359	0.387	9	Analytical or derived from analytical	--	11/2008
Copper, Cu 1 2 7 8 9 10 11 12 13	mg	0.025	42	0.001	0	0.08	11.0	0.022	0.028	9	Analytical or derived from analytical	--	11/2008
Manganese, Mn 1 2 7 8 9 11 12 13	mg	0.004	41	0.000	0	0.01	--	--	--	8	Analytical or derived from analytical	--	11/2008
Selenium, Se 1 7 8 9 10 11 12 13	µg	3.7	29	0.185	0	8.8	17.0	3.277	4.061	8	Analytical or derived from analytical	--	03/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	0.0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Thiamin 1 2	mg	0.046	24	0.001	0.04	0.05	12.0	0.044	0.048	2	Analytical or derived from analytical	--	11/2008
Riboflavin 1 2	mg	0.169	23	0.001	0.16	0.2	19.0	0.165	0.172	2	Analytical or derived from analytical	--	11/2008
Niacin 1 2	mg	0.089	24	0.003	0.07	0.12	18.0	0.083	0.094	2	Analytical or derived from analytical	--	11/2008
Pantothenic acid 1 2	mg	0.373	8	0.003	0.36	0.38	6.0	0.367	0.379	2	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1 2	mg	0.036	24	0.000	0.03	0.04	16.0	0.035	0.037	2	Analytical or derived from analytical	--	11/2008
Folate, total 2	μg	5	8	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	5	8	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 15	mg	14.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 15	mg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 1 3 4 5 6	μg	0.45	14	0.021	0.27	0.53	10.0	0.403	0.495	1	Analytical or derived from analytical	--	11/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Retinol 2	μg	45	4	1.926	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2 14	µg	7	10	0.618	2	9	6.0	5.103	8.175	3	Analytical or derived from analytical	--	11/2008
Carotene, alpha 1 2 14	µg	0	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	11/2008
Cryptoxanthin, beta 1 2 14	µg	0	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	11/2008
Vitamin A, IU	IU	162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2008
Lycopene 1 14	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Lutein + zeaxanthin 1 14	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Vitamin E (alpha-tocopherol) 1 2	mg	0.07	24	0.003	0.03	0.08	20.0	0.065	0.077	2	Analytical or derived from analytical	--	11/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 2	mg	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Tocopherol, gamma 1 2	mg	0.00	24	0.001	0	0.01	22.0	0.002	0.006	2	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1 2	mg	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2008
Vitamin D (D2 + D3)	µg	1.3	24	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Vitamin D3 (cholecalciferol) 3 4 5 6	µg	1.3	24	0.082	0.2	2	13.0	1.098	1.455	4	Analytical or derived from analytical	--	01/2009
Vitamin D 3 4 5 6	IU	51	24	3.297	8	82	13.0	43.92	58.199	4	Analytical or derived from analytical	--	01/2009
Vitamin K (phylloquinone) 1 2	µg	0.3	8	0.007	0.2	0.3	3.0	0.24	0.285	2	Analytical or derived from analytical	--	11/2008
Lipids													
Fatty acids, total saturated	g	1.865	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0 1	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	03/2003
6:0 1	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	03/2003
8:0 1	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	03/2003
10:0 1	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.077	12	0.002	0.07	0.1	11.0	0.072	0.081	1	Analytical or derived from analytical	--	03/2003
13:0 1	g	0.000	1	--	--	--	--	--	--	1	Analytical or derived from analytical	--	11/2002
14:0 1	g	0.297	12	0.011	0.19	0.33	11.0	0.274	0.32	1	Analytical or derived from analytical	--	03/2003
15:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
16:0 1	g	0.829	12	0.029	0.53	0.94	11.0	0.765	0.893	1	Analytical or derived from analytical	--	03/2003
17:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
18:0 1	g	0.365	12	0.015	0.22	0.43	11.0	0.331	0.399	1	Analytical or derived from analytical	--	03/2003
20:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
22:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
24:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.812	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
16:1 undifferentiated ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
18:1 undifferentiated ¹	g	0.812	12	0.032	0.5	0.93	11.0	0.743	0.882	1	Analytical or derived from analytical	--	03/2003
20:1 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
22:1 undifferentiated ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
Fatty acids, total polyunsaturated	g	0.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated ¹	g	0.120	12	0.005	0.07	0.14	11.0	0.11	0.131	1	Analytical or derived from analytical	--	03/2003
18:3 undifferentiated ¹	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	03/2003
18:4 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
20:4 undifferentiated ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
22:5 n-3 (DPA) 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
22:6 n-3 (DHA) 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2002
Cholesterol 1	mg	10	12	0.549	6	13	11.0	9.158	11.573	1	Analytical or derived from analytical	--	03/2003
Amino Acids													
Tryptophan 3 4 5 6	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 3 4 5 6	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 3 4 5 6	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 3 4 5 6	g	0.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 3 4 5 6	g	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 3 4 5 6	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 3 4 5 6	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 3 4 5 6	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 3 4 5 6	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 3 4 5 6	g	0.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 3 4 5 6	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 3 4 5 6	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 3 4 5 6	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 3 4 5 6	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 3 4 5 6	g	0.708	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 3 4 5 6	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline 3 4 5 6	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine 3 4 5 6	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Flavonoids													
Isoflavones													
Daidzein 16	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 16 17	mg	0.00	149	0	0	0	--	--	--	--	--	--	--
Total isoflavones 16	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

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⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

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¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

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